

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

Weekly Bulletin



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GUY P. JONES
EDITOR

Milk-borne Diseases

(Continued from last issue)

While pasteurization presumably protects, the pasteurization has to be properly carried out with no breaks in the technique whatsoever. In 1915 I investigated an outbreak in which twelve cases occurred on a route selling 90 gallons of milk a day, but this same dairy shipped 600 gallons to Berkeley, where it was pasteurized, and no typhoid occurred. Of course, it is one thing to say that carriers should not be employed around dairies or plants, but the discovery of the carrier is often an Herculean task. The stool or urine specimen may be examined repeatedly and still the typhoid bacillus not found. History of the disease is important, and even then we have found carriers who sincerely deny having had typhoid fever or even any prolonged fever. Of course the Widal Test may prove valuable as a screening process but when found to be positive may prove to be of little or no significance, and the bacteriological investigation still has to be made.

Infected milk bottles occasionally cause outbreaks, usually of a scattered nature, but the proper cleansing and sterilization of all utensils will rule out this possibility.

PARATYPHOID FEVER

Paratyphoid fever is essentially the same as typhoid fever and needs no special mention here. At the best, this as a rare disease.

DYSENTERY AND DIARRHEA

A few outbreaks of dysentery and diarrhea have been reported. The bacteriology and epidemiology is not extremely well understood.

There has, however, recently been a report of typical food poisoning arising from milk. The cause of the outbreak was an enterotoxigenic producing staphylococcus which was traced to mastitis in the cow. While the relationship of mastitis to septic sore throat in man presents numerous epidemiological difficulties and as was mentioned above, the mastitis generally is the result of an infection of the animal by a streptococcus carrier, this recent report of food poisoning brings up the question which is going to take a good deal of research to answer, namely, is the primary mastitis of cows the innocuous disease which some investigators have considered it?

Superior sanitary conditions must fulfill all of the requirements which may be desired so far as milk is concerned but sanitation alone is not sufficient to protect milk consumers against a number of infections. The only available remedy which can give assurance against these infections is, of course, pasteurization properly done and regularly checked. The recent permissive pasteurization of certified milk is to my mind one of the greatest recent advances in dairy industry.

I felt that my brief discussion of milk would be incomplete if I did not have something to say about a

feature which, while not a milk-borne disease, nevertheless deserves the attention of every one interested in the dairy industry from a health standpoint. I speak of irradiated or metabolized milk, and the fact that the irradiation must be very carefully controlled in order to be sure that Vitamin D really results in the treatment. As Bill in the Physiological Review pointed out, the only way that one can tell whether Vitamin D is present or not is by spectroscopic analysis. If the irradiation is improperly applied a toxic substance called toxisterol may be found. This substance has calcifying properties but is not anti-rachitic. The whole subject of Vitamin D toxicity has not been satisfactorily investigated. I believe that a serious public health problem is involved in the current publicity for Vitamin D products. This, of course, has been built up by commercial firms by extravagant claims and the medical profession must stand ready to protect the public against such unscrupulous methods.

Now for the milk dealers themselves. I believe that they are engaged in a subterfuge when they attempt to exploit Vitamin D milk as a means of sales promotion. Vitamin D products undoubtedly have a place in the armamentarium of the medical profession but their use should be prescribed directly by the medical profession. As Director of Public Health this was first brought to the attention of the milk distributors in San Francisco May, 1934. Executive Order No. 82 of the San Francisco Department of Public Health reads as follows:

EXECUTIVE ORDER NUMBER 82

All distributors of milk in San Francisco are hereby notified that the sale or distribution of "Vitamin D Milk" within the City and County of San Francisco is prohibited, except that a permit for the sale and distribution may be granted only if the following requirements are fully complied with:

1. Milk reinforced or fortified with Vitamin D shall be the produce of nonreacting tuberculin tested dairy herds housed on dairy farms complying with the provisions of the Milk Ordinance (effective May 15, 1933) and the Rules and Regulations of the Department of Public Health governing the production of Grade A market milk.

2. It shall be plainly indicated on the label of each package of Vitamin D milk, (a) the method of introduction of the added Vitamin D, (b) the number of Vitamin D units the reinforced product contains, (c) evidence of approved laboratory confirmation at the expense of the distributor, (d) definite instructions that Vitamin D milk is to be used only on the advice of and under the supervision of a physician.

3. No therapeutic claims of any description shall appear on the label or in any advertising copy.

The Director of Public Health wishes to record the fact that he disapproves the present tendency of manufacturers to add measured quantities of vitamins to foods for commercial purposes. The insufficient and incomplete scientific knowledge available at this time on the possible effects of the consumption of vitamin reinforced food products over indefinite periods of time fully justifies the attention that caution should be observed in the use of such products. There is still considerable question, particularly in the instance of Vitamin D, of what constitutes the proper dosage of vitamin concentrates in the various age groups. Any attempt to increase the sale of a food product, especially milk, by the addition of a substance whose value to the public health is still a controversial problem is indeed ill advised, since the final evidence, to be determined by research methods, has not yet been secured. Even if it is granted that the actual danger in the consumption of Vitamin D milk is relatively minimal, there is as yet no definite and accepted information on the limits or margins of clinical safety. Under these circumstances, therefore, it is believed that the administration of such products should be surely in the province of the physician and not in that of the commercial distributor or manufacturer of food products.

TYPHUS FEVER

A father and son living near the Mexican boundary recently developed chills and fever followed by an eruption, the cases developing into typical typhus fever. It is possible that the disease was transmitted by rat fleas. Typhus fever is endemic in Mexico, where it has prevailed over a long period of years. The disease runs a long and uncomfortable course. Fortunately, it is not of frequent occurrence in California but isolated outbreaks occur occasionally.

TYPHOID FEVER

Outbreaks of typhoid fever were investigated last month in three different sections of the state. Two of them involved drinking water. One of these found its source in raw river water containing sewage and the other came from a well located close to a dilapidated privy. The third outbreak involved an infected milk supply.

"Our main business in life is not to see what lies dimly before us, but to do what lies clearly at hand."—Carlyle.

FOOD POISONING

At this season of the year outbreaks of food poisoning occur commonly. Most of these outbreaks are of bacterial origin and are due to exposure to contamination and to holding at temperatures favorable to the growth of bacteria. Several such outbreaks were investigated by the State Department of Public Health during the month of June. One of them involved eclairs purchased from a bakery, laboratory examinations of which revealed a heavy contamination with staphylococci—the ordinary pus germ. Nineteen cases were involved in this outbreak and the proprietor of the bakery involved was given instructions in the prevention of similar contaminations of this food product. Another outbreak involved a students' camp which housed 190 persons. No particular food product, however, was incriminated. It is important at this season of the year, that all food products, particularly those containing cream-custard fillings, should be manufactured under the cleanest of conditions and unless they are eaten immediately after their manufacture, they should be stored at low temperatures.

No enterprise in the wide range of human experience can rank with training the mind. If, therefore, we have received from heaven nothing so good as the mind, what should be more worthy of exercise and cultivation? No other adventure is to be compared with it. Through it civilization and all man's higher achievements have been won. The report of a gun does not carry so far as the music of the lyre. To pursue intellectual ideals, unlike the privilege of galloping with a king in a royal game park, is a glorious adventure open to every man who cares to live richly and well.—Leon J. Richardson.

SEPTIC SORE THROAT

An outbreak of septic sore throat, scarlet fever and diphtheria in an orphans' home was investigated recently. There were 21 cases of septic sore throat, 6 cases of scarlet fever with 4 suspects, 2 cases of diphtheria and 6 carriers. Milk was produced from the home herd under filthy conditions and one of the milkers had suffered from sore throat before the epidemic started. Instructions for the production of a better milk supply were given.

Do not spend your days waiting for an angel to deliver realized hopes at your door. Go out and toil for them. There are few forms of hard work more wearying than waiting.

DISEASES REPORTABLE IN CALIFORNIA**REPORTABLE ONLY**

ANTHRAX	MALARIA*
BERIBERI	PELLAGRA
BOTULISM	PNEUMONIA (Lobar)
COCCIDIOIDAL GRANULOMA	RELAPSING FEVER
DENGUE*	ROCKY MOUNTAIN SPOTTED FEVER
FLUKE INFECTION	SEPTIC SORE THROAT
FOOD POISONING	TETANUS
GLANDERS***	TRICHINOSIS
HOOKWORM	TULAREMIA
JAUNDICE (Infectious)	UNDULANT FEVER

ISOLATION OF PATIENT

CHICKENPOX**	OPHTHALMIA NEONATORUM
DYSENTERY (Amoebic)	PSITTACOSIS
DYSENTERY (Bacillary)	RABIES (Animal)**
ERYSIPELAS	RABIES (Human)
GERMAN MEASLES**	SYPHILIS
GONOCOCCUS INFECTION	TRACHOMA
INFLUENZA	TUBERCULOSIS
MEASLES**	WHOOPING COUGH**
MUMPS**	

QUARANTINABLE

CHOLERA***	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID AND PARATYPHOID FEVER
LEPROSY	TYPHOID FEVER
MENINGITIS (Epidemic)	TYPHUS FEVER
PLAGUE***	YELLOW FEVER***
ACUTE ANTERIOR POLIOMYELITIS	

* Patients should be kept in mosquito-free room.

** Nonimmune contacts isolated also.

*** Cases to be reported to State Department of Public Health by telephone or telegraph and special instructions will be issued.

The load of tomorrow added to that of yesterday, carried today, makes the strongest falter. Shut off the future as tightly as the past. No dreams, no visions, no delicious fantasies, no castles in the air, with which, as the old song so truly says, "Hearts are broken, heads are turned." To youth, we are told, belongs the future, but the wretched tomorrow that so plagues some of us has no certainty, except through today. Who can tell what a day may bring forth. Though its uncertainty is a proverb, a man may carry its secret in the hollow of his hand. Make a pilgrimage to Hades with Ulysses, draw the magic circle, perform the rites, and then ask Tiresias the question. I have had the answer from his own lips. The future is today—there is no tomorrow! The day of a man's salvation is NOW—the life of the present, of today, lived earnestly, intently, without a forward-looking thought, is the only insurance for the future.—Sir William Osler.

Wisdom consists in knowing what to do. Skill consists in knowing how to do it. Virtue consists in doing.—David Starr Jordan.

MORBIDITY

Complete Reports for Following Diseases for Week Ending
July 11, 1936

Chickenpox

129 cases: Alameda County 1, Alameda 3, Berkeley 3, Oakland 3, Piedmont 1, San Leandro 1, Fresno 1, Los Angeles County 5, Alhambra 1, Burbank 1, Glendale 2, Long Beach 6, Los Angeles 18, Pasadena 3, Santa Monica 1, South Pasadena 2, Monterey Park 1, Bell 1, Monterey 1, Pacific Grove 1, Orange County 5, Orange 1, La Habra 1, Sacramento 3, San Bernardino County 1, Redlands 1, Escondido 11, San Diego 9, San Francisco 8, Stockton 2, Paso Robles 1, San Mateo County 2, Redwood City 2, Santa Barbara County 1, Santa Barbara 1, Palo Alto 1, San Jose 1, Willow Glen 2, Santa Cruz County 17, Vallejo 1, Ventura 1, Yolo County 1.

Diphtheria

25 cases: Alameda County 1, Albany 1, Oakland 3, Los Angeles County 2, Los Angeles 3, Orange County 1, Fullerton 2, Sacramento 1, San Bernardino 1, San Francisco 1, San Joaquin County 4, Stockton 2, Palo Alto 1, San Jose 2.

German Measles

35 cases: Alameda 1, Berkeley 6, Oakland 7, Piedmont 1, Bishop 1, Kern County 1, Long Beach 2, Los Angeles 1, Corte Madera 1, Orange 1, San Bernardino County 1, San Diego 2, San Francisco 4, San Joaquin County 3, Stockton 3.

Influenza

116 cases: Kern County 1, Bakersfield 1, Los Angeles County 1, Beverly Hills 1, Culver City 1, Los Angeles 4, Monterey County 1, Santa Ana 2, Tustin 1, Santa Cruz County 103.

Malaria

3 cases: Los Angeles 1, Santa Clara County 1, Sutter County 1.

Measles

348 cases: Alameda County 3, Alameda 2, Albany 1, Berkeley 2, Oakland 11, Piedmont 1, Butte County 2, Chico 1, Contra Costa County 5, Martinez 1, Pittsburg 1, Fresno County 1, Imperial County 1, Kern County 12, Bakersfield 1, Los Angeles County 24, Arcadia 1, Beverly Hills 5, Burbank 3, Glendale 2, Huntington Park 1, Inglewood 2, La Verne 3, Long Beach 13, Los Angeles 42, Pasadena 17, San Fernando 1, San Gabriel 4, Santa Monica 1, Sierra Madre 2, South Pasadena 1, Whittier 1, Lynwood 1, Monterey Park 1, Signal Hill 1, Maywood 1, Ross 4, San Rafael 4, Monterey 1, Orange County 8, Newport Beach 2, Santa Ana 2, Laguna Beach 2, Riverside County 1, Corona 5, Riverside 6, San Bernardino County 3, Colton 2, Needles 2, Ontario 7, San Bernardino 1, San Diego County 8, Coronado 23, Escondido 1, National City 2, San Diego 16, San Francisco 15, San Luis Obispo County 9, Paso Robles 1, San Luis Obispo 4, San Mateo County 2, Burlingame 3, Daly City 1, San Mateo 1, Santa Barbara County 5, Santa Maria 1, Santa Clara County 8, Palo Alto 1, Santa Clara 1, Santa Cruz County 11, Vallejo 1, Sonoma County 1, Healdsburg 1, Turlock 3, Tulare County 3, Yuba County 1, Marysville 2, California 1.*

Mumps

202 cases: Berkeley 2, Oakland 2, Butte County 1, Contra Costa County 5, Richmond 1, Placerville 1, Fresno 6, Imperial County 1, Bishop 1, Kern County 2, Los Angeles County 16, Alhambra 4, Beverly Hills 6, Burbank 3, Glendale 7, Huntington Park 2, Long Beach 8, Los Angeles 28, Montebello 1, Pasadena 9, Pomona 4, Redondo 1, Hawthorne 1, South Gate 2, Merced County 1, Napa 1, Orange County 3, Newport Beach 1, Orange 1, Santa Ana 10, La Habra 1, Sacramento 7, San Bernardino County 3, Needles 1, Ontario 2, Redlands 1, San Bernardino 2, San Diego County 1, Escondido 5, National City 2, San Diego 17, San Francisco 4, Stockton 2, Paso Robles 1, Santa Barbara 6, Santa Maria 2, Sunnyvale 1, Santa Cruz County 1, Vallejo 4, Tulare County 2, Ventura County 1, Oxnard 1, Woodland 4.

Pneumonia (Lobar)

41 cases: Oakland 1, Chico 1, Imperial County 1, Los Angeles County 4, Burbank 1, Los Angeles 17, Pasadena 1, South Gate 2, Riverside 1, Sacramento 2, San Bernardino County 1, San Diego 3, San Francisco 2, San Joaquin County 1, San Luis Obispo County 1, Arroyo Grande 1, Oxnard 1.

Scarlet Fever

133 cases: Oakland 2, Butte County 1, Chico 2, Contra Costa County 1, Pittsburg 1, Fresno County 1, Fresno 1, Bishop 1, Kern County 1, Susanville 6, Los Angeles County 3, Arcadia 1, Compton 1, Covina 1, Glendale 1, Long Beach 1, Los Angeles 20, Monrovia 3, Pomona 1, Santa Monica 3, Sierra Madre 2, Bell 2, Ross 3, San Rafael 1, Fullerton 1, Roseville 1, Riverside County 1, Corona 3, Riverside 2, Sacramento 8, San Bernardino County 2, San Diego 3, San Francisco 16, San Joaquin County 3, Stockton 2, Paso Robles 1, Burlingame 1, San Bruno 1, San Mateo 1, South San Francisco 1, Santa Barbara 1, Santa Clara County 2, Mountain View 1, San Jose 1, Santa Cruz County 10, Watsonville 1, Sierra County 1, Turlock 1, Tulare County 4, Ventura County 3, California 1.*

Smallpox

No cases reported.

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Typhoid Fever

11 cases: Pittsburg 2, Selma 1, Kern County 2, San Joaquin County 2, Stockton 1, Santa Clara County 1, California 2.*

Whooping Cough

318 cases: Alameda County 1, Alameda 1, Albany 2, Berkeley 21, Oakland 8, San Leandro 1, Richmond 3, Fresno County 1, Sanger 1, Kern County 4, Susanville 1, Los Angeles County 34, Beverly Hills 4, Claremont 1, Glendale 3, Huntington Park 1, Long Beach 11, Los Angeles 48, San Fernando 3, Santa Monica 5, South Pasadena 1, Torrance 1, Lynwood 2, South Gate 2, Signal Hill 1, Madera County 1, Orange County 4, Anaheim 1, Brea 2, Fullerton 2, Roseville 1, Riverside County 1, Corona 5, Riverside 3, Sacramento 27, San Bernardino County 8, Ontario 1, San Bernardino 1, San Diego County 1, La Mesa 2, Oceanside 1, San Diego 29, San Francisco 18, San Joaquin County 3, Stockton 6, Daly City 2, Santa Barbara County 1, Santa Barbara 1, Santa Clara County 1, Gilroy 3, Palo Alto 4, Santa Cruz County 23, Tulare County 3, Oxnard 1, Ventura 1.

Meningitis (Epidemic)

5 cases: Huntington Park 1, Los Angeles 3, California 1.*

Dysentery (Amoebic)

5 cases: Bakersfield 1, Los Angeles 1, Orange 1, Colton 1, Stockton 1.

Dysentery (Bacillary)

3 cases: Los Angeles 1, Tulare County 1, California 1.*

Leprosy

One case: Gridley.

Ophthalmia Neonatorum

One case: Monterey County.

Pellagra

2 cases: Los Angeles 1, San Francisco 1.

Poliomyelitis

8 cases: Pittsburg 1, Los Angeles County 1, Long Beach 1, Pomona 1, Sacramento County 1, San Diego County 1, San Francisco 1, California 1.*

Tetanus

2 cases: Los Angeles 1, San Gabriel 1.

Trachoma

4 cases: Westmoreland.

Paratyphoid Fever

One case: San Diego.

Food Poisoning

2 cases: Madera County.

Undulant Fever

3 cases: Los Angeles 1, Pasadena 1, San Bernardino 1.

Trichinosis

One case: Contra Costa County.

Tularemia

2 cases: Inyo County 1, Ventura County 1.

Septic Sore Throat (Epidemic)

2 cases: San Francisco 1, Tulare County 1.

Relapsing Fever

One case: Placer County.

Rabies (Animal)

16 cases: Berkeley 1, Fresno County 1, Los Angeles County 5, Long Beach 1, Los Angeles 2, Madera County 1, Madera 3, Orange County 1, Newport Beach 1.

* Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

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